CLAIMS:

1. A blank for forming a building element, the blank comprising:

an elongate body portion (10) having first and second ends and a plurality of transverse fold lines (22) which divide the body portion (10) into a plurality of panels (14,16,18,20), the panels (14,16,18,20) each having first and second longitudinal edges;

one or more first tab members (44) extending from the first end of the body portion (10); and

one or more first apertures (42) adjacent the second end of the body portion (10);

wherein each of said plurality of panels (14,16,18,20) has at least one second tab (34) extending from said first longitudinal edge and a side flange portion (24) adjacent said second longitudinal edge, and wherein each side flange portion (24) is provided with at least one second aperture (32).

2. The blank of Claim 1, wherein each side flange portion (24) is divided from its respective panel (14,16,18,20) by a longitudinally extending fold line (23) which extends along the length of the body portion (10), and wherein the side flange portions (23) are adapted to be folded substantially perpendicular to their respective panels (14,16,18,20).

3. The blank of either preceding claim, wherein the body portion (10) has an end flange portion (38) adjacent the second end thereof, the at least one first aperture (42) being formed in the end flange portion (38).

4. The blank of any preceding claim, wherein the end flange portion (38) is divided from the body portion by one of the plurality of transverse fold lines (40), and wherein the end flange portion (38) is adapted to be folded substantially perpendicular to the body portion (10).

5. The blank of any preceding claim, wherein one or more of the panels (14,16,18,20) includes a strengthening formation thereon.

6. The blank of any preceding claim, wherein one or more of the panels (14,16,18,20) is provided with a third aperture adapted to receive a reinforcing means.

7. The blank of any preceding claim, wherein the building element is a building block (12).

8. The blank of any preceding claim, the blank being formed from sheet metal.

9. The blank of any of Claims 1 to 7, the blank being formed from sheet plastics.

10. A building block (12) formed from the blank according to any of Claims 1 to 9.

11. A building element comprising:

a body portion (101,201,401) having first and second ends and comprising a plurality of integrally formed panels adapted to define the perimeter of the building element, wherein each panel has first and second longitudinal edges;

at least one first connecting member (104,204,304,402) adapted to be attached to the panels adjacent their first longitudinal edges;

at least one second connecting member (102,202,302,402) adapted to be attached to the panels adjacent their second longitudinal edges; and

a third connecting member (106,206,306,406) adapted to be attached to the body portion (101,201,401) adjacent the first end thereof;

wherein the first and second connecting members are provided with first and second attachment means, respectively, each of the attachment means being adapted to attach the building element to an adjacent building element, and wherein the third connecting member (106,206,306,406) is adapted so as to engage the second end of the body portion (101,201,401).

12. The building element of Claim 11, further comprising a fourth connecting member (108,208,308,408) adapted to be attached to the body portion (101,201,401) adjacent the second end

thereof, wherein the third and fourth connecting members are adapted so as to be mutually engagable.

13. The building element of Claim 12, wherein the third and fourth connecting members are each provided with a resilient engagement member adapted to engage with one another.

14. The building element of Claim 12, wherein the third connecting member (106) includes one or more apertures (142) therein, and the fourth connecting member (108) includes one or more tabs (144) projecting therefrom for engagement with the apertures (142) in the third connecting member (106).

15. The building element of any of Claims 11 to 14, wherein the first and second connecting members are each formed from a single piece of material and each is adapted to follow the perimeter of the building element.

16. The building element of any of Claims 11 to 14, wherein the building element comprises a plurality of first and second connecting members attached to each longitudinal edge of each panel.

17. The building element of any of Claims 11 to 16, wherein each of the connecting members is attached to the body portion (101,201,401) using an attachment method selected from the group comprising riveting, gluing and crimping.

18. The building element of any of Claims 11 to 16, wherein each of the connecting members (402) is provided with a plurality of engagement teeth (422) and each panel (420) includes a plurality of cells (403), the teeth (422) being adapted to be inserted in the cells (403).

19. The building element of Claim 18, wherein each engagement tooth (422) has a first engagement portion (422a) projecting in a first direction and a second engagement portion (422b) projecting in a second, substantially opposite, direction.

20. The building element of any of Claims 11 to 19, wherein each of the second connecting members (202,302,402) includes a strengthening rib (240,340,440) projecting therefrom.

21. The building element of any of Claims 11 to 20, wherein each of the first connecting members (402) includes a strengthening rib (440) projecting therefrom.

22. The building element of any of Claims 11 to 21, wherein the first attachment means comprises at least one tab (134) projecting from the first connecting member (104), and the second attachment means comprises at least one aperture (132) adapted to receive the at least one tab (134) of an adjacent building element.

23. The building element of any of Claims 11 to 21, wherein the first attachment means comprises a first fastener element (232) and a detachable fastener member (234) adapted to attach to the first fastener element (232), and the second attachment means comprises a second fastener element (232) adapted to receive a fastener member (234) of an adjacent building element.

24. The building element of any of Claims 11 to 21, wherein the first attachment means comprises a detent (305) projecting from the first connecting member (304), and the second attachment means comprises a resilient catch (342) adapted to engage with the detent (305) of an adjacent building element.

25. The building element of any of Claims 11 to 24, wherein the body portion (101,201,401) is formed from a single sheet of extruded cellular plastics material having a plurality of cells (403) therein.

26. The building element of any of Claims 11 to 25, wherein each connecting member (102,104,106,108) is formed from sheet metal.

27. The building element of any of Claims 11 to 25, wherein the connecting members are formed from a plastics material.

28. The building element of any of Claims 11 to 25, wherein at least one of the connecting members is integrally formed with the body portion.

29. A blank for forming a building element, the blank comprising:

an elongate body portion (58,88) having first and second ends and a plurality of first apertures (76,77,89) formed therein; and

first and second side portions (64,66,94,96) integrally formed with the body portion (58,88), each side portion (64,66,94,96) being divided from the body portion (58,88) along a first longitudinally extending fold line (68,98);

wherein each side portion (64,66,94,96) has at least one second longitudinal fold line (78,91,93,95,97) which divides the side portion (64,66,94,96) into at least two sections, and wherein at least one side portion (64,66,94) has a plurality of tabs (80,99) extending laterally therefrom.

30. The blank of Claim 29, further comprising first and second end flanges (72,87) adjacent the first and second ends of the body portion (58,88), each end flange (72,87) divided from the body portion (58,88) along a transverse fold line (70,85).

31. The blank of either Claim 29 or Claim 30, wherein the plurality of first apertures (76,77) are formed in two substantially parallel lines extending longitudinally along the body portion (58).

32. The blank of any of Claims 29 to 31, wherein each of the first and second side portions (64,66) has a plurality of tabs (80) extending laterally therefrom.

33. The blank of any of Claims 29 to 32, wherein the building element is a door lintel.

34. The blank of either Claim 29 or Claim 30, wherein the plurality of first apertures (89) are formed substantially in a single line extending longitudinally along the body portion (88).

35. The blank of Claim 32, wherein the building element is a window sill.

36. The blank of any of Claims 29 to 35, wherein the blank (58,84) is formed from sheet metal.

37. The blank of any of Claims 29 to 35, wherein the blank (58,84) is formed from a plastics material.